

Meager Beginnings Services “Postpartum Doula Training”

Details of the course:

Date: Feb 17-18, 2023

Time: 9:00AM -5:00PM

Cost: \$600.00 (early registration discount available see dates)

Course Description:

This course will prepare you to be with families during their postpartum period 0-6 weeks and often several months following the arrival of their new baby/babies. It includes all the aspects of the postpartum period from practical feeding skills, to understanding the postpartum person's body and the skills to support the family as a whole.

Our society provides little care for new families. Having a trained eye and calm presence in a home in the early days is invaluable.

A Postpartum Doula care is proven to improve breastfeeding success, family bonding, and ease many postpartum stresses. Postpartum Doula's are in high demand!

A few things we will cover in this training:

What is a Postpartum Doula and What Does a Postpartum Doula Do?

Postpartum Healing – Physiology, Nutrition and Traditional Practice

Breastfeeding Education & Lactation support, or Bottle Feeding support and Education

Alternative Feeding Methods, Twins/triplets, Newborn Intensive Care Unit

Newborn Care and soothing

Night time care

Teaching a mom to take care of herself, while allowing her to rest and recover

Childbirth Education

Light housekeeping

Meals & Snacks

Business for Postpartum Doulas

Your Post Postpartum Bag

And More

Successful students will receive a lifetime Postpartum Doula Training Certification.

Meager Beginnings Services Postpartum Doula Training Registration Form

Location: TBD Montrose, Colorado
Dates: Feb 17-18, 2023

Name:

Address:

City, State, Zip:

Phone(s):

Email:

Where did you hear about the workshop?

A little about yourself.... Please check all that apply:

_____ Childbirth Educator? _____

_____ Postpartum Doula – Certified or previously certified? _____

By whom? _____

Expiration Date? _____

_____ Mother - How many children? _____

_____ Nursing Experience - How long? _____

_____ Nanny, Childcare or Babysitting Experience? _____

_____ House Keeping Experience? _____

_____ Cooking Experience? _____

Are you trained in any type of Alternative medicines or other modalities? Such as: Nutrition, Massage, Aromatherapy, Herbology, Homeopathy, Riki, Etc., Etc. if so what are you trained in and by whom? _____

Other, explain: _____

Lunches and Snacks: Is there anything you are allergic to? _____

Tuition Enclosed: (Approx. 16 hours of in-depth training)

Register By: Register by Jan 31st, 2023 \$550.00 _____

Register After Feb 1st, 2023 \$600.00 _____

**** Registration closes on Feb 3rd, 2023**

Payment options:

- 1: All classes must be paid for prior to the start date.
- 2: I accept Cash, Check, Money orders Please make all checks payable to: Vonda Kunz \$35.00 fee will be assessed for all returned checks.
- 3: I can accept most credit cards and or payments through Zelle, Venmo or paypal (as a friend)

Step (A) Snail mail: Print this page and mail it to the address below with your tuition

Make Checks payable to:
Vonda Kunz
23066 6875 Road
Montrose, Colorado 81403

Or Step (B) to send electronically: Save as a PDF File, Fill it out by opening in acrobat and clicking on the right hand side tab (fill and sign). Save a copy in a file to your computer and return it via e-mail by attaching it to your email (email: Vonda@meagerbeginnings.website) and submit payment through Zelle, Venmo or paypal (as a friend) please contact me for more info

Cancellation Policy:

Receive a Full Refund if canceled within 48 hours of registration.

Requests must be received in writing here; E-mail Vonda@meagerbeginnings.website **before Feb 3rd, 2023**

Refunds: there is a \$100 non-refundable administrative fee from the moment you make your payment with any cancelation, no exceptions.

A full refund: – (minus) the \$100.00 administrative fee will be distributed only to those who cancel before **Feb 3rd, 2023**.

After this date (Feb 3rd, 2023) there will be no refunds and no exceptions however; you will be moved to the next class being offered.

In the instance of circumstances beyond my control: I reserve the right to cancel the class with a full refund to apply to future training at the student's discretion.

By signing the following you agree that you have read the Meager Beginnings Postpartum Doula Training agreement and all the registration information entirely, you understand it clearly and agree to all the terms listed.

Registries Signature

Date

****Did you remember to enclose your...***

_____ **Registration form signed**

_____ **Payment**

_____ **Code of Ethics, Conduct and Scope of Practice:**

_____ **Grievance policies:**

Thank you for signing up and I look forward to meeting you and seeing you in class!



What's next?

Once you submit your registration and a payment is received, I will confirm that I received your payment by sending you an email and your "Postpartum Doula Packet" at the **email address connected to the payment account** that you used to pay for your registration. If a registration email doesn't show up in your email inbox within 24-48 hours after making payment, then check your spam or junk folders. I will have received notice of your payment on my end and will then email you your registration packet to that same email address. If you do not receive it don't wait! Call me (970) 261-7555

Here are 4 areas you can work on if you would like to get a head start in your training; they are required prior to your certification, but are not required to attend the training, you will find the following in your packet. If you have any questions please feel free to contact me

1. Keep a record any of your four (4) future postpartum clients (starts from the minute you pay for your training and get conformation). (you will find your record form in your postpartum packet)
2. Read your three (3) books from the Required Reading list.
3. Watch your 2 videos/movies from the required videos/movies list
4. Start thinking about and writing a list to bring to class of ways you can help your future clients